



# Sesame-Crusted Chicken

with Garlic & Ginger Rice

Grab your Meal Kit  
with this symbol



Ginger



Garlic



Basmati Rice



Green Beans



Carrot



Asian Greens



Chicken Breast



Japanese Dressing



Sesame Seeds



Black Sesame Seeds



Panko Bread crumbs



Mayonnaise

Hands-on: **35-45 mins**  
Ready in: **45-55 mins**

Eat me early

The only thing better than a golden crust on tender chicken breast? Adding crunchy, flavoursome sesame seeds to the coating, giving you a schnitzel that goes wonderfully with fragrant garlic and ginger rice and an easy veggie stir-fry. Enjoy the taste sensation!

## Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan.

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
Asian greens	1 bunch	2 bunches
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
(for the crumb)		
egg*	1	2
Japanese dressing	1 packet	2 packets
sesame seeds	1 sachet	2 sachets
black sesame seeds	1 sachet	2 sachets
panko breadcrumbs	1 packet	2 packets
soy sauce*	2 tsp	1 tbs
mayonnaise	1 packet (40g)	2 packets (80g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4467kJ (1067Cal)	701kJ (167Cal)
Protein (g)	50.7g	8g
Fat, total (g)	51.3g	8.1g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	94.3g	14.8g
- sugars (g)	11.2g	1.8g
Sodium (mg)	1560mg	245mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice

Finely grate the **ginger** and **garlic**. In a medium saucepan, heat the **butter** and a dash of **olive oil** over a medium heat. Add the **ginger** and **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **salt (for the rice)**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

4



## Cook the chicken

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the **chicken** until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

2



## Get prepped

Trim the **green beans** and cut in half. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.

5



## Cook the veggies

Wash and dry the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **green beans** and **carrot** and cook until softened, **5-6 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Add the **soy sauce**, stir, and remove the pan from the heat. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.

3



## Crumb the chicken

In a shallow bowl, combine the **plain flour** and **salt (for the crumb)**. In a second shallow bowl, whisk the **egg** and **Japanese dressing** with a fork. In a third shallow bowl, combine the **sesame seeds**, **black sesame seeds** and **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **sesame breadcrumb mixture**. Transfer to a plate.

6



## Serve up

Divide the garlic and ginger rice between bowls and top with the veggies and sesame-crusted chicken. Drizzle with the mayo dressing to serve.

## Enjoy!